

JOHNSON YOUTH CENTER	Policy Number: 10.8	Page: 1 of 2
Chapter: FOOD	Reference:	
Subject WELLNESS		

I. POLICY:

It is JYC policy to ensure that physical and nutrition education is provided to the residents.

II. RESPONSIBILITY:

The Superintendent will be responsible for providing an environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

III. PROCEDURE:

A. Planning and Periodic Review by Stakeholders – The advisory group will assist in developing, implementing, monitoring, reviewing and, as necessary, revising school nutrition and physical activity goals.

B. Nutrition – Students will be provided with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate, as much as possible, the religious, ethnic, and cultural diversity of the student body in meal planning, and will provide clean, safe and pleasant settings and adequate time for students to eat. All foods available in the RCCI School during the school day shall be served to students with consideration for promoting student health and reducing childhood obesity.

Foods and beverages provided through the National School Lunch and School Breakfast Program shall comply with federal nutrition standards under the School Meals Initiative. To the maximum extent practicable, this school will participate in available federal school meal programs.

Foods or beverages used as incentives (treats) for academic performance or good behavior must meet the nutrition standards established by this administrative regulation.

Food or beverages will not be withheld as a punishment.

Traditional and cultural foods may be exempted from the food standards described below for educational and/or special school events.

C. PHYSICAL ACTIVITY

JYC shall strive to allow students the opportunity for moderate physical activity each day before, during and after school.

JYC will encourage students to take part in sports activities and structured exercise as a way to promote physical activity.

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JYC and Juneau School District teachers will provide health curricula which will include instruction on the benefits of regular physical activity and the role physical activity plays in preventing chronic diseases and maintaining a healthy weight.

JYC will discourage extended periods of inactivity.

1. Physical Activity – Schools will provide opportunities for students to get 20-30 minutes of physical activity every day, whether as part of an organized P.E. class or through other before during or after school opportunities.
2. Other – Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education, physical activity breaks) as punishment during the school day.
3. School should provide indoor and outdoor physical activities at the facility.

D. COMMUNICATION WITH PARENTS

JYC will communicate with parents to provide a healthy diet and physical activities for their children. Such communication may include sharing information by a weekly phone call and/or letter.

APPROVED BY: Dennis H. Weston, Superintendent	SUPERSEDES POLICY NUMBER: Wellness 10.8
Effective 03-11	